

August 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Breastfeeding Week (8/1 - 8/7)						
						<b>1</b> National Mustard Day
National Blueberry Festival (8/7 - 8/10)						
<b>2</b> Sisters' Day	<b>3</b>	<b>4</b> What's in season? Try peaches, peppers, squash or berries!	<b>5</b>	<b>6</b> National Fresh Breath Day	<b>7</b> Sneak Some Zucchini Onto Your Neighbor's Porch Night!	<b>8</b> National Garage Sale Day
Weird Contest Week (8/10 - 8/15)						
<b>9</b> United Nations: International Day of the World's Indigenous People	<b>10</b>	<b>11</b>	<b>12</b> United Nations' International Youth Day	<b>13</b>	<b>14</b> Drink plenty of fluids! Water, juice and milk are better nutrition choices than soda.	<b>15</b> National Relaxation Day
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Little League Baseball World Series begins	<b>22</b>
<b>23</b> Try a new fish or shellfish as a summer entree.	<b>24</b>	<b>25</b>	<b>26</b> National Dog Day	<b>27</b> Play tag with the kids in your neighborhood.	<b>28</b>	<b>29</b> More Herbs, Less Salt Day
<b>30</b>	<b>31</b> Try a new fruit or vegetable today.					